THAT WHICH IS CLAIMED:

1. A communications system comprising:

a first host capable of transmitting multiplexed data at a first data transfer rate;

a second host capable of receiving multiplexed data at a second data transfer rate; and

a data throttle, wherein the data throttle limits the first data transfer rate to a throttle value that is less than or equal to the lesser one of the first data transfer rate and the second data transfer rate.

2. The system of Claim 1 further comprising a network having a third data transfer rate and wherein the data throttle limits the first data transfer rate to the throttle value that is less than or equal to the lesser one of the first data transfer rate, the second data transfer rate, and the third data transfer rate.

3. The system of Claim 1, wherein the throttle value transfer rate is obtained during a communications set-up period.

4. The system of Claim 1, wherein the throttle value is a predetermined value.

5. The system of Claim 1 wherein the first host is further comprised of an applications layer, a sockets layer, a transport layer, and a network layer.

6. The system of Claim 5, wherein the data throttle operates by one or more application program interface (API) calls from the applications layer to the sockets layer, said API calls limiting the transmission data rate to the throttle value. transfer rate

7. The system of Claim 5, wherein the transport layer is comprised of a User Datagram Protocol (UDP) and the network layer is comprised of an Internet Protocol (IP).

8. A communications system comprising:

a first host capable of transmitting multiplexed data at a first data transfer rate;

a second host capable of receiving multiplexed data at a second data transfer rate;

a network capable of transmitting multiplexed data at a third data transfer rate; and

a data throttle capable of limiting the bandwidth of data transmitted from the first host to the second host to a throttle value.

9. The system of Claim 8, wherein the data throttle limits the throttle value transfer rate to a value that is less than or equal to the lesser one of the first data transfer rate and the second data transfer rate.

10. The system of Claim 9, wherein the throttle value is a predetermined value.

11. The system of Claim 9, wherein the throttle value is determined during a communications start-up process.

12. The system of Claim 9, wherein the communications start-up process is a Session Initiation Protocol (SIP) process.

13. The system of Claim 8 wherein the first host is further comprised of an applications layer, a sockets layer, a transport layer, and a network layer.

14. The system of Claim 13, wherein the data throttle operates by one or more application program interface (API) calls from the applications layer to the sockets layer, said API calls limiting the transmission data rate to a value that is less than or equal to the lesser one of the first data transfer rate and the second data transfer rate.

15. The system of Claim 13, wherein the transport layer is comprised of a User Datagram Protocol (UDP) and the network layer is comprised of an Internet Protocol (IP).

16. A method of communication between a first host and a second host, comprising:

obtaining a data transfer rate of the first host and a data transfer rate of the second host at which the second host may receive data;

setting a throttle value that is less than or equal to the lesser of the data transfer rate of the first host and the data rate of the second host; and

transmitting data packets from the first host to the second host at a data transfer rate that is less than or equal to the throttle value.

17. The method of Claim 16, wherein setting the maximum data transfer rate of the first host to the throttle value is accomplished by Application Programming Interface (API) calls from an application executing on the first host to a sockets layer of the first host.

18. The method of Claim 16, wherein transmitting data packets from the first host to the second host at a data transfer rate that is less than or equal to the throttle value is accomplished by use of a User Datagram Protocol (UDP) transport layer and an Internet Protocol network layer.

19. A method of communication across a network and between a first host and a second host, comprising:

receiving a throttle value that is less than or equal to the lesser of a data transfer rate of the first host, a data transfer rate of the second host, and a data transfer rate of the network rate;

setting the maximum data transfer rate of the first host to the throttle value; and

transmitting data packets from the first host to the second host at a data transfer rate that is less than or equal to the throttle value.

20. The method of Claim 19, wherein setting the maximum data transfer rate of the first host to the throttle value is accomplished by Application Programming Interface (API) calls from an application executing on the first host to a sockets layer of the first host.

21. The method of Claim 19, wherein transmitting data packets from the first host to the second host at a data transfer rate that is less than or equal to the throttle value is accomplished by use of a User Datagram Protocol (UDP) transport layer and an Internet Protocol network layer.

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